


**Class Schedule - Effective Monday, June 4th, 2018**

Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
						9:00 - 10:00 Hatha Shelley	9:00 - 10:00 Hatha Diane
9:15 - 10:15 Gentle Yoga Dawn-Marie	<b>New Time!</b> 9:15 - 10:15 Gentle Yoga Cara-Lynne	9:15 - 10:15 Gentle Yoga Su		9:15 - 10:15 Gentle Yoga Sylvie	9:15 - 10:15 Hatha Diane		
9:30 - 10:30 Yoga Flow Su	<b>New Time!</b> 9:30 - 10:30 Hatha Carole	9:30 - 10:45 Stress Redux Richard	9:30 - 10:30 Hatha & Meditation Glenda	9:30-10:30 Pilates Suzanne	9:30 - 10:30 Gentle Flow Glenda	9:30 - 10:30 Barrelates Anita	9:30 - 10:30 Power Yoga Brian Simser
						10:15 - 11:30 Yin Yoga Shelley	10:15 - 11:15 Gentle Yoga Dawn-Marie
10:45 - 11:45 Forever Young Yoga Carole	10:45 - 12:00 Restorative Yoga Dawn-Marie	10:45 - 11:45 Yin Yoga Diane		10:45 - 11:45 Meditation Kimberly	10:45 - 11:45 Gentle Yoga Dawn-Marie	10:45 - 11:45 Gentle Yoga Leyette	11:30 - 12:30 Gentle Hips Dawn-Marie
	12:30 - 1:30 BCA* April 2nd to June 12th	Tai Chi 12:00 - 12:50** May 23rd to June 27th			11:30 - 12:30 BCA* April 5th to June 15th		
1:00 - 2:00 Gentle Pilates Suzanne	1:00 - 2:00 Gentle Yoga Tina	1:00 - 2:00 Gentle Pilates Carole		1:00 - 2:00 Gentle Yoga Suzanne	1:00 - 2:15 Stress Redux Richard		
					 <p style="text-align: center;"><b>Summer Events at Beyond Yoga!</b></p> <p style="text-align: center;"><i>Yin Yoga and the Breath</i> Fridays - June 8th and 22nd - 11:00 a.m.</p> <p style="text-align: center;"><i>A Summer Solstice Celebration!</i> <i>Meditation &amp; Chanting</i> Thursday, June 21st - 6:00 p.m.</p> <p style="text-align: center;"><i>Karma Meditation</i> Monday, June 18th - 1:00 p.m.</p> <p style="text-align: center;"><i>Crystal Bowl Meditation</i> Thursdays - June 28th &amp; July 26th - 6:30 p.m.</p> <p style="text-align: center;"><i>Perfect your Posture</i> Thursday - July 19th - 10:45 a.m.</p> <p style="text-align: center;"><i>Let's Talk Yoga - Feeling Forever Young</i> Thursday - August 16th - 10:45 a.m.</p> <p style="text-align: center;"><a href="http://www.beyondyogaottawa.com">www.beyondyogaottawa.com</a></p>		
5:30 - 6:30 Hatha Su	5:30 - 6:30 Hatha Sue	5:30 - 6:30 Yoga Flow Jessica		5:30 - 6:30 Hatha Leyette			
6:00 - 7:00 SomaYin Richard	6:00 - 7:00 Pilates Anita	6:00 - 7:00 Gentle Yoga Carole					
6:00 - 7:00 <b>Prenatal Yoga**</b> June 4th to July 16th							
6:45 - 7:45 Gentle Yoga Su	6:45 - 7:45 Gentle Yoga Melanie	6:45 - 7:45 Hatha Ana		6:45 - 7:45 Gentle Yoga Brian Simser			
7:15 - 8:30 Stress Redux Richard	7:15 - 8:30 Yin Yoga Deborah	7:15 - 8:30 Restorative Yoga Carole		7:15 - 8:30 Yin & Meditation Brian Moore			
	7:30 - 8:30 <b>Meditation Course**</b> May 5th to June 19th						

**\*\*Registration and separate fee required. \*BCA Breast Cancer Action is a private Class. Please register at [www.bcaott.ca](http://www.bcaott.ca)**  
Summer Solstice Special - \$149.00 + HST - Unlimited classes - June 21st to September 2nd - \*Conditions apply